

Honey Trout Steaks

Ingredients:

4 Trout Steaks
1 Medium onion finely chopped
4 oz Mushrooms - finely sliced
1/2 teaspoon Ground Cumin
2 tablespoons Runny Honey
1/4 pint White Wine
1 tablespoon Cornflour, mixed to a paste with 2 tablespoons of water
4 fl oz Whipping Cream
12 Pineapple Chunks
1 oz Butter
4 Fennel Fronds
Salt or Pepper

Method:

Gas 3/170°C/325°F

Place the trout in an ovenproof dish, and scatter the onions, mushroom and cumin over the top. Heat the honey in a saucepan over a low heat. Add the wine and a little salt and pepper. Pour the marinade over the fish, cover with tinfoil, and leave to marinate in a cool place for 1 hour turning once. Bake in a pre-heated oven for 35 minutes approx. Remove the trout from the cooking liquid and keep warm.

Put 1 oz butter in a frying pan. Allow it to get hot, then place the pineapple chunks in the pan and brown on both sides. Remove from pan and keep warm for garnish.

Place the cooking liquid with the mushrooms and onions into a saucepan and thicken with the cornflour mix, then bringing the liquid to the boil, stirring all the time.

Add the whipping cream to the sauce. Correct seasoning, and coat the trout with the sauce.

Garnish with fried pineapple pieces and fennel strands